



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15043, Fish, herring, Pacific, raw

Report Date: June 25, 2017 19:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 184g
Proximates						
Water	g	71.52	84	0.477	60.79	131.60
Energy	kcal	195	--	--	166	359
Energy	kJ	816	--	--	694	1501
Protein	g	16.39	70	0.133	13.93	30.16
Total lipid (fat)	g	13.88	128	0.475	11.80	25.54
Ash	g	2.37	71	0.031	2.01	4.36
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	83	--	--	71	153
Iron, Fe	mg	1.12	1	--	0.95	2.06
Magnesium, Mg	mg	32	--	--	27	59
Phosphorus, P	mg	228	--	--	194	420
Potassium, K	mg	423	31	7.117	360	778
Sodium, Na	mg	74	31	0.631	63	136
Zinc, Zn	mg	0.53	14	0.050	0.45	0.98
Copper, Cu	mg	0.078	18	0.006	0.066	0.144
Manganese, Mn	mg	0.045	--	--	0.038	0.083
Selenium, Se	µg	36.5	--	--	31.0	67.2
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.060	--	--	0.051	0.110

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 184g
Riboflavin	mg	0.200	--	--	0.170	0.368
Niacin	mg	2.200	--	--	1.870	4.048
Pantothenic acid	mg	1.000	--	--	0.850	1.840
Vitamin B-6	mg	0.450	--	--	0.383	0.828
Folate, total	µg	5	--	--	4	9
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	4	9
Folate, DFE	µg	5	--	--	4	9
Vitamin B-12	µg	10.00	--	--	8.50	18.40
Vitamin A, RAE	µg	32	2	--	27	59
Retinol	µg	32	2	--	27	59
Vitamin A, IU	IU	106	2	--	90	195
Lipids						
Fatty acids, total saturated	g	3.257	--	--	2.768	5.993
14:0	g	0.913	3	0.043	0.776	1.680
16:0	g	2.023	3	0.266	1.720	3.722
18:0	g	0.257	3	0.024	0.218	0.473
Fatty acids, total monounsaturated	g	6.872	--	--	5.841	12.644
16:1 undifferentiated	g	1.057	3	0.016	0.898	1.945
18:1 undifferentiated	g	2.913	3	0.471	2.476	5.360
20:1	g	1.359	2	--	1.155	2.501
22:1 undifferentiated	g	1.492	2	--	1.268	2.745
Fatty acids, total polyunsaturated	g	2.423	--	--	2.060	4.458
18:2 undifferentiated	g	0.192	3	0.051	0.163	0.353
18:3 undifferentiated	g	0.057	2	--	0.048	0.105
18:4	g	0.248	2	--	0.211	0.456
20:4 undifferentiated	g	0.096	2	--	0.082	0.177
20:5 n-3 (EPA)	g	0.969	3	0.165	0.824	1.783
22:5 n-3 (DPA)	g	0.172	2	--	0.146	0.316
22:6 n-3 (DHA)	g	0.689	3	0.170	0.586	1.268
Cholesterol	mg	77	3	5.391	65	142
Amino Acids						
Tryptophan	g	0.184	--	--	0.156	0.339

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 184g
Threonine	g	0.719	--	--	0.611	1.323
Isoleucine	g	0.755	--	--	0.642	1.389
Leucine	g	1.332	--	--	1.132	2.451
Lysine	g	1.506	--	--	1.280	2.771
Methionine	g	0.485	--	--	0.412	0.892
Cystine	g	0.176	--	--	0.150	0.324
Phenylalanine	g	0.640	--	--	0.544	1.178
Tyrosine	g	0.553	--	--	0.470	1.018
Valine	g	0.845	--	--	0.718	1.555
Arginine	g	0.981	--	--	0.834	1.805
Histidine	g	0.483	--	--	0.411	0.889
Alanine	g	0.991	--	--	0.842	1.823
Aspartic acid	g	1.679	--	--	1.427	3.089
Glutamic acid	g	2.447	--	--	2.080	4.502
Glycine	g	0.787	--	--	0.669	1.448
Proline	g	0.580	--	--	0.493	1.067
Serine	g	0.669	--	--	0.569	1.231
Other						